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## Speedy Rump Steaks with Roasted Broccoli & Green Beans

This tasty steak is surrounded everywhere you look by gorgeous green. Fresh broccoli and green beans, along with this tender prime rump, are all rendered irresistible with a parsley and lemon sauce that tastes like a walk in a meadow feels. If that last sentence confused, you're probably hungry.



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



high  
protein



low carb

### Pantry Items



Olive Oil



Butter



Broccoli



Green Beans



Beef Rump  
Minute Steaks



Lemon



Parsley

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2P	4P	Ingredients
1 head	1 head	broccoli, cut into florets
1 tbs	2 tbs	olive oil *
½ bag	1 bag	greens beans, trimmed
4	8	beef rump minute steaks
½	1	lemon, juiced
1 tbs	2 tbs	butter *
½ bunch	1 bunch	parsley, finely chopped

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1590	Kj
Protein	42.5	g
Fat, total	20.9	g
-saturated	8.1	g
Carbohydrate	2.3	g
-sugars	1.5	g
Sodium	135	mg

2a



**You will need:** *chef's knife, chopping board, a plate, aluminium foil, oven tray lined with baking paper, and a medium frying pan.*

**1** Preheat oven to **200°C/180°C** fan-forced.

**2** Toss the **broccoli florets** in half of the **olive oil** and place on the prepared oven tray. Season with **salt** and **pepper**. Cook for **10 minutes**. Toss the **green beans** in a dash of the remaining olive oil and add them to the tray with the broccoli. Cook for further **10 minutes**.

2b



**3** While the beans are cooking, season the **beef rump minute steaks** with salt and pepper. Heat the remaining oil in a medium frying pan over a medium-high heat. Add the steaks and cook for **30 seconds-1 minute** on each side for medium rare or until cooked to your liking. Transfer the steaks to a plate and cover with foil to keep warm. Reduce the heat to medium and return the same frying pan to a medium heat. Add the **lemon juice** and the **butter** to deglaze the base of the pan. Add the **parsley** and cook for **1 minute** or until the butter begins to brown slightly. Season to taste with salt and pepper.

3a



**4** Divide the roasted green vegetables and steaks between plates and drizzle with the lemon and parsley sauce.

3b



**Did you know?** Broccoli is high in vitamin C. One cup of chopped broccoli will give you your entire recommended daily intake!